

CLAIM AMENDMENTS

Claims 1-27 (Canceled)

28. (Currently Amended) A seating and positioning apparatus for a training ~~apparatus~~ device in which an individual performs bending movements about ~~the~~ their hip axis, said seating and positioning apparatus comprising:

a frame;

a seat supported by said frame;

said seat having an upper surface; and

a thigh engagement device for contacting and restraining an upper surface of a thigh of an individual utilizing such training ~~apparatus~~ device and seated on said seat such that a buttocks portion of such individual is in contact with said upper surface of said seat, said thigh engagement device includes a thigh bolster having a surface for engaging and restraining such upper surface of such thigh of such individual utilizing said training device and said thigh engagement device additionally includes a thigh engagement positioning means for selectively adjusting at least one of a height of said thigh bolster relative to said seat and a horizontal distance of said thigh bolster relative to said seat.

29. (Cancelled)

30. (Cancelled)

31. (Currently Amended) A seating and positioning apparatus for a training ~~apparatus~~ device according to Claim 28, said seating and positioning apparatus additionally including:

a lumbar positioning ~~device~~ means disposed substantially immediately adjacent said seat for contacting and positioning a lumbar region of an individual utilizing said training ~~machine device~~ and seated on said seat such that a buttocks portion of such individual is in contact with said upper surface of said seat, ~~said lumbar positioning device being disposed substantially immediately adjacent said seat.~~

32. (Currently Amended) A seating and positioning apparatus for a training ~~apparatus~~ device according to Claim 31, wherein:

said lumbar positioning ~~device~~ means includes a lumbar bolster.

33. (Currently Amended) A seating and positioning apparatus for a training ~~apparatus~~ device according to Claim 32, wherein:

said lumbar positioning ~~device~~ means additionally includes lumbar positioning adjustment means for selectively adjusting a substantially horizontal distance between said lumbar bolster and said seat.